



Papamoa

SURF LIFE SAVING CLUB

PSLSC MEMBER NEWSLETTER

16th February 2023

KEEP UP TO DATE

Our thoughts are with all of our surf lifesaving families and whānau whose lives have been severely affected by the cyclone this week.

LAWA and Regional Councils continue to closely monitor our water quality. Please keep up to date with what's happening via [LAWA](#) and [Safeswim](#). [Bay of Plenty Civil Defence](#) also has a very good Facebook page which is updated regularly.

Just a reminder to make sure you're signed up to the relevant Pāpāmoa SLSC Facebook group pages as this is where updates and cancellations are posted:

[Pāpāmoa Surf Life Saving Club](#)

[Lifeguarding](#)

[Rookies](#)

[Senior Surf Sports](#)

[Junior Surf](#)

[Ocean Athletes and Oceans Development](#)



Race Night and Club Night

All being well, we will be hosting another Junior Surf Race Night tomorrow (Friday 17th February). If you have registered, please keep an eye on your email and Facebook for any updates.

Racing starts at 4.30pm and the bar will open from 5.30pm for Club Night.

SAVE THE DATE!

With our season coming to a close we are starting to plan our awards ceremonies. Here are the dates for your calendars:

Junior Surf Prize Giving – Sunday 26th March at 2pm

Club Awards Evening – Saturday 6th May at 6pm

LIFEGUARDING

We'd like to give a big shout out to all our wonderful regional and weekend volunteer guards for your resilience and courage in what is proving to be another unusual season. Just when we thought Covid was under control, mother nature threw us a curve ball and our lifeguards have risen to the challenge once again. Our SAR (Search And Rescue) squad remains on standby with two IRB's, emergency equipment and crews with floodwater training ready to respond to any weather-related emergencies.



Lifeguards have been flying the red no swimming flag this week due to unsafe water conditions and a high risk of contamination from flooding.

The advice from LAWA is: "Due to severe weather causing increased water levels across the region there is a high or very high risk of contamination, Do not swim for at least 2 -3 days after heavy rain."

You can also keep an eye on [Safeswim](https://www.safeswim.co.uk/) to see if the no swimming flag is flying.





Our regional lifeguards are currently on patrol every week day from 11am-6pm and our volunteer lifeguards are on duty on the weekends between 10am-5pm.

It's thanks to our sponsors [GJ Gardner](#), [Classic Builders](#) and [Palm Springs](#), that our lifeguards have access to ATVs and a jetski so they can roam our large 14km stretch of beach and respond quickly to anyone in trouble.



IRB Crew

We will be calling for expressions of interest for lifeguards to become IRB crew members soon. Details of the course dates and locations will be posted on the [Lifeguarding Facebook page](#) in the coming weeks.

ROOKIES



When a planned jump off the blow hole on Moturiki/Leisure Island had to be cancelled, a quick pivot provided a fun session for our Rookies at Pilot Bay instead. While our Rookies (as well as some parents and water safety lifeguards) were looking forward to the challenge of jumping off the rocks, surf conditions were not suitable. Instead Pāpāmoa, Mount Maunganui and Omanu Rookies met at Pilot Bay and were mixed into teams for water challenges. For some of our Rookies it was the first time being on a rescue board. They had to paddle out to an IRB, climb over it, jump in to swim to their patient, and then get that patient back to shore on the board. Other challenges such as a wheel barrow race added to the fun.

Last week, Rookies tested their speed and skill with an inaugural "Great Rookies Race" where they needed to race to different stations and answer a set of questions (such as different types of waves and how to identify

a rip) or complete a challenge (such as demonstrating DRSABCD or a radio check). While we couldn't get into the water, torrential rain and bobbing for apples meant that Rookies still managed to get wet!

SENIOR SURF SPORTS



The senior team were hoping to get their race season back on track after the recent weather disruptions, but unfortunately the Northern Region Championships have been cancelled this weekend. Plan B is hopefully kicking in for some racing with local clubs on Saturday instead. This will be the last opportunity to have a hit out before the Surf Lifesaving National Championships in Christchurch in early March.

We have a strong team of 15 (plus a couple of masters) heading down to Christchurch. This will be the first Nationals for almost all the team given the cancellations of the last couple of years and the anticipation is definitely building!

The senior team would like to wish our Oceans team good luck for Oceans next week – we are sure they will have a fantastic carnival.

JUNIOR SURF SPORTS



Pāpāmoa Proud

The Oceans team were in Waihi Beach for Junior Eastern Region Championships (ERCs) last weekend. They knocked it out of the park in a weather affected programme that saw Pāpāmoa pick up podium places in age groups across the day. Pāpāmoa made up almost a quarter of those participating and it showed with a sea of blue and yellow beanies across the beach. Well done to all those who competed and achieved goals, whether that was finishing races in challenging conditions or competing for age group medals.

A huge congratulations to our medal winners – **Kobe Kelly** (1st overall in under 11 males), **Ty Kelly** (2nd overall in under 13 males), **Luke Gillbanks** (2nd overall in under 14 males) and **Max Stevenson** (3rd overall in under 14 males).

Thanks as always goes to everyone who made it all happen – water safety, lifeguards, officials, team managers, parents and our valued sponsors:

[Mitre 10 Pāpāmoa](#)

[CMT Excavations Ltd](#)

[PAK'nSAVE Pāpāmoa](#)

[EVES Real Estate Bay of Plenty](#)

A huge thank you to Kate Magill, Clare Pepers and Phil Gillbanks for taking photographs of our kids at ERCs...



CONGRATULATIONS Kobe Kelly - 1st overall in under 11 males



CONGRATULATIONS Ty Kelly - 2nd overall in under 13 males



CONGRATULATIONS Luke Gillbanks - 2nd overall in under 14 males and Max Stevenson - 3rd overall in under 14 males



Under 11 and 12 Girls

Under 13 and 14 Girls

Under 13 Boys



Under 14 Boys



Countdown to Oceans

The biggest event of the season for our Ocean Athletes is just a week away and we're hoping for a full programme of events for the first time in a few years. Oceans 2023 is a four day festival taking place at Mount Main Beach from Thursday 23rd – Sunday 26th February. We encourage members to head down to the Mount to support our athletes and enjoy some top class racing as hundreds of kids from across the country take part.

We have all our fingers crossed that this event will go ahead as planned, but please keep an eye out on Facebook and your emails for any updates leading up to the event. [CLICK HERE](#) for more information on Oceans 2023.

GOOD LUCK to everyone taking part.



JUNIOR SURF

We've missed seeing all our Junior Surf kids and families at the beach over the last few weeks. The Junior Surf Committee is working with coaches on a plan for a make up session, so keep an eye out for more details to follow.

With the current unpredictable weather and surf conditions, please keep an eye on the [Junior Surf Facebook page](#) for updates and cancellation notices.



Omanu Carnival

All being well, the Omanu Carnival is taking place this Sunday 19th February. This 'teams' event is another opportunity for our under 8s, 9s and 10s to compete with their friends against our local clubs. Good luck to all those involved - we are sure you will do Pāpāmoa proud!

Junior Surf will continue here for all age groups. Some groups may combine due to coaches being with their kids at the Omanu Carnival.



Junior Surf Club Champs

As we head towards the end of the season, Junior Surf Club Champs will take place on **Sunday 5th March**. We encourage everyone to take part in this. It is simply an extension of what we do on a Sunday, but in race format. ALL children that complete either a Run Wade Run or Run Swim Run will be awarded a finishers medal. The top 3 places for each race will also receive medals. We will require parent help on this day to ensure that everything runs smoothly and efficiently so please be ready to jump in and put your hand up.



Trophies to be Returned

It's time to dust off your trophies and bring them back to the club so we can get them polished and ready to be presented to this year's recipients. Please return trophies to the upstairs office during week days 8.30am-2.30pm or bring to Junior Surf on Sunday and hand in at the BBQ area.



No Experience Necessary

We would like to make it clear that anyone can help out with Junior Surf and there are many different roles involved, you don't need to be a lifeguard. Many of our coaches choose to become lifeguards after starting out with no experience, but this is not essential and we welcome anyone onto the committee. For more information email juniorsurf@papamoalifeguards.co.nz

Remember these key tips for keeping safe at the beach this summer

Swim between the flags – this is the safest place to swim and our lifeguards always have eyes on this area.

Be aware of the dangers – check for rips and currents, snags and rocks.

Relax, Raise and Ride - if you find yourself caught in a rip, **Relax** and float to conserve your energy, **Raise** your hand to signal for assistance, **Ride** the rip until it stops and you can make your way back to shore.

Chat to lifeguards - they're more than happy to point out dangers or give advice.

Keep children within arm's reach when in the water - adults, not older children or teenagers, should always supervise children around water.

Know your limits – don't overestimate your ability or under estimate the conditions - if in doubt, stay out.

Don't swim alone – remember you will never be able to swim in the ocean as well as in a pool and cold water will make you tired.

Be sun smart – and stay hydrated.

Dial 111 – if in trouble and there are no lifeguards around, the Police have a direct line to call our lifeguard squads.

Thank you to our sponsors below who make all our programmes possible.

G.J. Gardner.
HOMES

www.gjgardner.co.nz

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